

## Guide 3: Extreme Heat Tips



- **Never leave children, disabled persons, or pets in a parked car - even briefly.**

On an 80°F day, the temperature inside a car even with the windows cracked slightly can reach 100°F in less than 10 minutes!

- **Keep your living space cool or seek shelter at a cooling center.**

If you have an air conditioner, use it! If you don't have an air conditioner and the temperature is above 95°F, go to a community cooling center because using a fan will not prevent heat-related illnesses at this temperature.

- **Slow down and limit physical activity.**

Plan outings or exercise for the early morning or after dark, when temperatures are cooler.

- **Drink plenty of water and eat lightly.**

Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol and caffeine and stay away from hot, heavy meals.

- **Wear lightweight, loose-fitting, light-colored clothing.**

Add a hat or umbrella to keep your head cool...and don't forget sunscreen!

- **Don't stop taking medication unless your doctor says you should.**

Take extra care to stay cool, and ask your doctor or pharmacist for any special heat advice.

- **Taking a cool shower or bath will cool you down.**

A cool shower or bath will actually work faster at reducing your body temperature than an air conditioner. Apply cold, wet rags to your head and neck to quickly cool down.

For more information, visit: <http://readywisconsin.wi.gov/heat/>